



College of
Occupational
Therapists



New Graduates e-Bulletin

Issue 2, February 2016

This bulletin will be sent to all new graduate BAOT members for 2 years post-graduation. We aim to provide you with practical support, up-to-date information and signpost you to many of our top quality resources to help you build your confidence as you become a fully-fledged occupational therapist.

Welcome message from Julia Scott (Chief Executive, College of Occupational Therapists)

*"Welcome new graduates to your thriving and dedicated professional body.
You join the profession at such an exciting time!
Now more than ever you can use your occupational therapy skills and
knowledge to support people in a range of settings and roles.
Here at COT we regard you as the 'life blood' of the profession, your energy and
commitment empowers us to drive the profession forward. Please stay in touch,
tell us your inspiring stories and use us for support and guidance."*

Regular Features

Don't forget to make sure you have all your contact details up to date on the COT website. It's your way of safeguarding your access to our fabulous resources and any mailing that is being designed especially with **YOU** in mind!

You can log-on and update your details at:
<https://www.cot.co.uk/iris/user/baot/details>

Support

Starting out in a new practice area? Use the 'new look' SPEaR topics to find out more about your field of work

The suite of COT Supporting Practice -Evidence and Resources (SPEaR) topics has been re-launched with a fresh new look for 2016!



For those of you unfamiliar with SPEaR topics, they are an online resource that signpost you to some key sources of information by providing links to relevant documents/websites. SPEaR topics are a great way to access information relevant to your field of practice, or to find out more about an area that you are interested in. Each topic draws together some core resources, focusing on policy and context, COT resources and a selection of published evidence.

There are currently **27 SPEaR topics** available, covering a range of subjects from Age Friendly Environments to Vocational Rehabilitation. You can access SPEaR via the Professional Resources tab on the COT website, at: <https://www.cot.co.uk/supporting-practice/evidence-and-resources>.

*Think that you could contribute to an existing or new SPEaR topic?
Then please contact Pauline McDonald, at: Pauline.mcdonald@cot.co.uk*

Keeping yourself informed on all things 'informatic'

The informatics agenda is fast-changing; so whether it is finding out what SNOWMED means, the direction of travel for integrated care records, or news on digital developments such as telecare or the use of apps, then an easy and pain free way to keep up-to-date is to subscribe to COTIM.

To help you decide if you would like a copy each month sent via email, read the latest edition (195) at <https://www.cot.co.uk/ehealth-information-management/cotim-newsletter>, then send your email address (together with your BAOT number), to: lesley.gleaves@cot.co.uk

Latest publications added to the COT library catalogue

College of Occupational Therapists (2016 rev.) *Delegation*. (Essential Briefing). London: College of Occupational Therapists.

College of Occupational Therapists (2016) *Research Guide: capabilities, career planning and funding opportunities*. (Research Guide). London: College of Occupational Therapists.

Hubble, Susan; Foster, David; Bolton, Paul (2015) *Reform of support for healthcare students in England*. London: House of Commons Library. Available at: <http://researchbriefings.parliament.uk/ResearchBriefing/Summary/CBP-7436#fullreport>

A new **hOT Topic**, 'Dyslexia', is now also available for BAOT members to download, at: <https://www.cot.co.uk/hot-topics/hot-topics>

Top Tip:

Ensure that you set up an email alert for key journals such as BJOT, AJOT, CJOT and AOTJ, here: <https://www.cot.co.uk/journals-ejournals/journals-ejournals>

(Please log-in to the COT website to access these resources)

Connect



'Fabulous and 40' Annual Conference offer...

The College of Occupational Therapists 40th Annual Conference & Exhibition and Specialist Section - Trauma and Orthopaedics Annual Conference promises to be the biggest and best yet!

In celebration of this milestone event...

Student members only need to pay **£40**
BAOT members only need to pay **£299**

If you register and pay in full **before Sunday 8 April 2016**.

These rates provide a substantial saving on the normal conference fees. So please spread the word and tell all your networks about this unprecedented conference offer.

For further details and to book your place, please follow this link:
www.cotannualconference.org.uk

Confirmed plenary speakers include:



Professor Sue Baptiste

Author of COPM and Professor of Occupational Therapy at McMaster University



Rob Webster

Chief Executive, NHS Confederation



Brian Toomey

Jockey who sustained devastating head injuries and who credits his

occupational therapy team to his miracle recovery

Your local professional community is at the heart of your BAOT membership

BAOT regional groups are dedicated to supporting members with low cost study days, free networking events, lifelong learning grants and support to help you throughout your occupational therapy career.

Being a member of your regional group enables you to take advantage of opportunities to build strong networks to further your own professional development and the growth of the profession as a whole.

Whether you're looking to take on a new professional challenge, gain knowledge and skills or network and socialise with fellow occupational therapists in your local area, your **BAOT regional group** can assist you.

Your regional group is also committed to raising the profile of the profession within your region and can supply members with the resources and materials you need to market and celebrate the unique contribution occupational therapists make to health and social care.

To find out what's happening in your local region, please follow this link:
<https://www.cot.co.uk/regional-local-groups/regional-local-groups>

Free Networking Events

The College will be running the following networking events, which are free for BAOT members:

Tuesday 1st March 2016: Pain Management (*fully booked*)

Friday 15th April 2016: Prisons

Wednesday 4th May 2016: Prevention & Early Intervention

Further information can be found at: www.cot.co.uk/events, or by contacting Ashleigh Watkins, at: Ashleigh.watkins@cot.co.uk



Applications are now open for the Arthritis Research UK Internship Scheme 2016

The Arthritis Research UK Internship Scheme for Allied Health Professionals and nurses is now open to final year students and recent graduates in Occupational Therapy, Physiotherapy, Podiatry and Nursing with an existing or predicted 1st or 2:1 degree. This prestigious scheme provides the opportunity for newly qualified health clinicians and health scientists interested in

Rheumatic and Musculoskeletal Diseases (RMDs), to obtain first-hand experiences of multi-disciplinary research environments.

Five international institutions renowned for RMDs research (Universities of Leeds, Oxford, Salford, Southampton, and the West of England, Bristol) are now recruiting a total of six interns for a selection placements and projects. The placements are unpaid but each intern will receive **£1000 towards costs**.

Application deadline: Friday 11th March 2016 (17:00hrs)

Interview date: Thursday 21st April 2016

Scheme dates: 4th July - 26th August 2016

*For further information about the internship scheme and how to apply, please contact **Mary Fry**, (MSc) Programme Co-ordinator, at M.L.Fry@soton.ac.uk or on 02380594 023.*

Engage

College of
Occupational
Therapists



Occupational Therapy
*Improving Lives
Saving Money*

 **#ValueofOT**

You're brilliant! Tell us why...

In November 2015, the College launched a two year engagement campaign – **Occupational Therapy: Improving Lives, Saving Money**.

The purpose of this campaign is to influence commissioners and providers of health and social care in the UK, by showing the difference that investing in occupational therapy can make. It recognises that resources are extremely scarce across the sector and that the future of occupational therapy depends on clear demonstration of the profession's impact.

Focussing on occupational therapy's role in three critical areas:

1. Keeping people out of hospital
2. Reducing pressure on primary care
3. Addressing over-reliance on social care

We are **calling on all UK occupational therapists** to send in information and data describing the impact that their service makes **before March 2016**.

For further information, including advice on how to DEMOnstrate the impact of occupational therapy, please see: <https://www.cot.co.uk/cot/occupational-therapy-improving-lives-saving-money>

Don't forget to engage with your teams, colleagues and wider workplace to make sure you are part of this strategy!

Policy Officers: Rising the profile of the profession with key decision makers through lobbying and influencing on your behalf

Did you know that each of the UK countries all have their very own COT policy officer?

These people work hard to make sure that you are supported with the most relevant and up-to-date knowledge about key health and social care policies and government legislation in place to support the people we work with.

If you have your first job in the country you studied and qualified in, you will already be aware of the policies and legislation that influence your work.

But there are significant differences in policy and legislation that surround the four countries of the UK and for those of you who have chosen to work in a country outside of your qualifying university, it is important that you are aware of this. You may need to do some extra work when preparing for an interview, for example.

Country Policy Officers in your area are:

Wales: Ruth Crowder, ruth.crowder@cot.co.uk

Northern Ireland: Kate Lesslar, kate.lesslar@cot.co.uk

Scotland: Gaby Stewart, gabrielle.stewart@cot.co.uk

For enquiries in England: Please contact Kewcha Ambrose in the professional practice team, kewcha.ambrose@cot.co.uk

Please contact them if you have any questions - they will be delighted to help you!

And Finally...

What do you think of the new e-Bulletin?

“Just wanted to say massive thank you for the new graduate e-bulletin, your timing couldn't have been better. I've just come out of a meeting with board of directors for Central & North West London NHS Trust for a therapies breakfast. Therapy leads from around the trust were given 5 min to present their profession to raise its profile and somehow little Band 5 me got to present on behalf of Milton Keynes Community Services.

Your e- bulletin was a life saver as I referred to the Improving Lives Saving Money engagement programme as part of my discussion about the value of OT! I hope I did us proud, feel very proud to be an OT and to be marketing our profession to individuals in position to make changes!”

We would love to hear your thoughts and comments too...

Please email Maureen.grove@cot.co.uk and let us know what you think!